



ORIGINAL ARTICLE

Determine the Quality of Bread Samples Used in Qazvin, Iran

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ABSTRACT: In most societies, rich and important source of food considered bread. Some bakeries using sodium bicarbonate as baking soda and extra salt in bread production that his chemical compounds has adverse effects on the public health. That's why in this study we decided to evaluation of produced bread in Qazvin province in terms of sodium bicarbonate and salt. Assessment of pH and salt take place according to Institute of Standards and Industrial Research of Iran (IRIS). Our Results demonstrated the mean \pm SD of pH for sangak, lavash, taftun, barbari and baguette 5.95 \pm 0.37, 5.76 \pm 0.54, 5.80 \pm 0.71, 6.10 \pm 0.68 and 7.86 \pm 1.26 respectively, and the mean \pm SD of salt 1.10 \pm 0.47, 1.41 \pm 0.57, 1.45 \pm 0.36, 1.40 \pm 0.32 and 1.55 \pm 1.09 respectively and the results demonstrated the value of pH and salt in the samples 65.77% (98 out of 149) and 12.75% (130 out of 149) respectively, out of standard range. Baking Soda in sangak breads and salt in baguette breads, more common of other breads. Although the Ministry of Health has banned officially the use of baking soda in breads production process, but demonstrated in this study baking soda and extra salt used in the process of breads production. Thus require more supervision and training on the non-use of sodium bicarbonate for bakers its necessary.

INTRODUCTION

The main ingredients of bread include wheat flour, water, salt, yeast or sourdough that must be mixed complying with Iranian Standards [1].

Other ingredients include milk, egg, sugar, spice, fruits, vegetables, nuts and seeds that the amount of they depends on the type of bread [2].

The most important production of wheat is bread that the staple food considered in many countries of the

world and daily basis significant proportion of the energy, protein, minerals and vitamins provide your body needs. Bread is a staple in the Iranian diet as far as any person in Qazvin Province 7/200 kg per month consumption of bread so the main food for energy and protein intake in daily is bread [3].

One of the frequently-consumed foods in most countries is bread so evaluation bread quality has an important

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